



**FALL 2025**

**YOUTH SOCCER**

**PROGRAM**

*AUBURN - DIVERNON - PAWNEE - WAVERLY*

## INTRODUCTION

Welcome, coaches, officials, and parents to the Auburn Soccer Association Youth Soccer Program. The Auburn Soccer Association (ASA) was formed in 2001 and is committed to providing a quality soccer program for youth in Auburn and the surrounding area. ASA is a registered not-for-profit corporation.

The purposes of the program are:

- \*To Teach Soccer Skills
- \*To Encourage Good Sportsmanship
- \*To Stress the Value of Teamwork
- \*To Emphasize Good Physical Conditioning
- \*To Provide a Setting for Fun and Friendship

ASA has taken a strong stand in the advocating of sportsmanlike behavior on the part of all program participants. ASA views the developmental goals of the program as being more important than simply winning. Further, ASA relies on the good sense, sportsmanship, and personal example of individual coaches, referees, parents, and spectators in order to ensure that the purposes of the program are fulfilled. Young children learn best from the adult behavior they observe. As unfortunate as it is, spectators sometimes let the emotion of the moment override their better judgment. When this happens our officials have the authority to take whatever corrective action is necessary to ensure good sportsmanship is maintained. Please help us make this a positive experience for the kids.

Coaches, referees, and parents are encouraged to direct their comments and/or concerns to ASA President or any other ASA officer/director. We would like to extend our deep gratitude to our program sponsors and the dozens of volunteers who donate hundreds of hours to make this quality program possible.

Do you want to know more about the soccer program or catch up on team scores? Feel free to take a virtual tour of our program by visiting [www.auburnsports.org](http://www.auburnsports.org). On this web site you will find information about ASA, see a list of team rosters, catch up on team results and standings, and see what product or services are available from the many ASA sponsors.

Have a safe and fun-filled season!

Sincerely,

Sarah Colvin

President, Auburn Soccer Association

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## I PROGRAM ADMINISTRATION

The ASA youth soccer program is comprised of two main segments:

- A. Ages 4-9. Participants in this age group shall conduct play in accordance with the rules set forth in this handbook. These teams will play their games mainly in Auburn, but may play an occasional away game.
- B. Age 10-13. Participants in this age group will play according to official Illinois High School Association (IHSA) rules except where CIYSA rules and policy differ from IHSA rules, in which case CIYSA rules and policy will supersede IHSA rules. These teams will play home games and away games.

## II. RECREATIONAL PROGRAM GUIDES

### A. AGE CLASSIFICATIONS

- 1) Every attempt will be made to assign players to rosters in same-age categories, i.e., 6-7 year olds, 8-9 year olds, etc. No players are allowed to play down in a lower age group. Any exceptions, due to exigent circumstances, must be submitted to the ASA President for his/her review and approval.
- 2) Coaches must be prepared to accept an occasional enlargement of their roster because of late registrations.
- 3) Players will be assigned to teams on the basis of the following birthday cut-offs by September 1 of the playing year:
  - a) Age 4-5 (K-Division)
  - b) Age 6-7 (U-8)
  - c) Age 8-9 (U-10)
  - d) Age 10-11 (U-12)
  - e) Age 12-13 (U-14)

### B. GUARANTEED PLAYING TIME

- 1) Except in instances noted below, all players will be guaranteed a full one half game playing time. Coaches will have the following discretion:
  - a) If a player is absent from weekly practices without excuse, the guaranteed playing time rule may be waived.
  - b) If a player is absent from a scheduled game without excuse, the coach may drop the player from the team upon notification of the ASA President.
  - c) On the field behavioral problems may also result in a waiving of the one half time playing rule.
- 2) The above applies to all scheduled games and any and all tournament games. Repeated failure of a coach to insure player playing time will constitute grounds for forfeiture of the games in which this conduct occurred and imposition of a probationary season for the coach. Further violations may lead to suspension of the coach from the soccer program.

### C. K DIVISION

1) This program is for 4 and 5 year olds and will be run for six weeks with no post-season tournament. Parents of registrants will be required to coach. Officials will be assigned to each game and act as score & time keepers. Additionally, a coach is encouraged to participate in games by being on the field with the children, however, no parent may intentionally interfere with the players or ball in a way that would deteriorate from the flow of or change the outcome of the game. See Section V, page 41 for more information.

### D. TEAM PICTURES

1) A Picture Taking Day will be held. Coaches shall have their teams ready for pictures when scheduled by the photographer. Parents are encouraged to have their children available for team photos but are under no obligation to purchase pictures or other optional photographic items.

### E. TOURNAMENT

1) The ASA President/designee will schedule a postseason tournament based upon team standings. Each age group (K Division Excluded) will participate. Single elimination play shall be followed. See Section V. Tournament Rules for procedures followed when tournament games end in a tie score.

### F. FORFEITS AND CANCELLATIONS

1) The following constitute grounds for forfeiture:

- a) Teams not at the assigned field at game time have ten (10) minutes after that game time to arrive; otherwise it is considered a forfeit.
- b) A team fielding fewer than seven (7) players at game time shall be considered a forfeit. K Division may field as few as five (5) players.
- c) If a team forfeits two games the ASA President will take under consideration the possible removal of the team from the playing schedule for the remainder of the season.

2) Cancellations.

- a) The on-site official shall make decisions regarding the cancellation of games because of inclement weather.
- b) Game cancellations will occur in serious inclement weather only including, but not limited to:
  - 1) Tornado warnings.
  - 2) Lightning or thunder present at game time.
  - 3) Standing water on a majority of the field area. (Water in front of the goal area does not constitute a majority).
  - 4) Ice covered fields.

- c) In all other conditions, including rain, the games will be played.
- d) A game cancelled prior to half time will be rescheduled. A game cancelled after half-time will be final.

#### G. STANDINGS (Excluding K Division)

- 1) Total points will determine standings at the end of the regular season. Regular season ties stand and are NOT to be resolved by overtime or penalty kicks.
- 2) Points will be determined in the following manner:
  - Each Win = 2 points
  - Each Tie = 1 point
  - Each Loss = 0 points
- 3) The tournament seedings will be decided by a team's record based upon points accumulated for season wins and ties. In the event multiple teams are tied at the end of the regular season the following criteria below will decide the tournament seedings. If the teams are still tied after the first criteria, then move onto the next item until a team has broken the tie. The league has decided not to use goal differential or goals scored to prevent a scenario of a team running up the score to increase their position in the standings.
  - a) Head to head
  - b) Goals against
  - c) Coin flip

#### H. REPORTING SCORES

- 1) The ASA President/designee will report team standings weekly to the newspaper. Any questions or corrections regarding said scores or team standing should be directed to the ASA President.

#### I. DIVISION AWARDS

- 1) The first and second place tournament teams in each division, with the exception of K-Division, will be recognized with an award for each player and coach.

#### J. PENALTY KICKS

- 1) Goalkeepers will stand on the goal line between the posts until the ball is kicked. Lateral movement is allowed, but the goalkeeper is not permitted to come off the line by stepping or lunging forward until the ball is in play. Penalty for illegal movement will be a re-kick. There will be no penalty if a goal is scored. See Section III, Rule #14 for more information on penalty kicks.

#### K. SLIDE TACKLING

1) Slide tackling is not allowed for any age groups. If this occurs, a dangerous play penalty will be called and an indirect kick awarded. If a slide tackle results in the tripping of a player, a direct kick will be awarded and the offending player will be issued a yellow card.

#### L. HEADING

1) Heading the soccer ball will not be allowed during practice or in games for the U6, U8, U10 and U12 divisions. Heading will be allowed in practice for the U14 division (a maximum of 15-20 headers per player per week), but will not be allowed in games.

#### M. MISCELLANEOUS PROVISIONS

##### 1) Sportsmanship.

a) ASA has taken a strong position advocating sportsmanlike behavior on the part of all participants in the program, including spectators. We encourage individuals to remember the purposes and rules of the program and to act accordingly.

b) Verbal abuse directed at players, coaches, referees, and other spectators has no place in the program. Referees have the authority to ensure that these conditions do not prevail. Coaches are asked to work cooperatively with parents and spectators to establish a constructive atmosphere.

##### 2) Breach of Conduct by Coaches.

a) All breaches of conduct on the part of the coaches or need for caution or ejection shall be reported to the ASA President. Recipients of more than one ejection may be suspended from the program for the period of one (1) year.

b) Cards issued to a coach, as the result of spectator conduct shall be subject to review by the ASA President for the purpose of determining suspensions under this rule.

##### 3) Coaching Area (Excludes K Division).

a) All coaching shall be confined to the "Coaches Box/Team Bench" Area.

b) With permission from the on-site official, one (1) coach may remain on the field to help the children in the U -6 division early in the season. Coaches shall remain outside of both goal areas.

c) Coaching will not be allowed in any other area of the field than as designated in this rule.

d) Noncompliance with this rule will be considered unsportsmanlike conduct.

**Penalty:** Yellow card for unsportsmanlike conduct.

e) Except when substituting players, coaches shall require their team to remain in the Team Bench Area during play.

##### 4) Spectators.



a) Spectators are not permitted on or behind the goal lines. They must remain clear of the sidelines and behind the established spectator restraint lines. Spectators shall remain off the field during play and shall view the game from the sidelines opposite the team bench areas. Referees have the authority to enforce these provisions.

5) Voice Enhancement Devices.

a) No manual or electronic voice enhancement devices or cell phones are permitted while coaching.

6) Participation by Players Not on Roster.

- a) If a roster check by the referee is requested during a game, and the ASA President determines that a player is illegally participating, it is assumed that this player has played in all program games to date.
- b) The violating team will forfeit the current game and will forfeit all regularly scheduled games played to date.
- c) The violating team's coach will be issued a red card for repeated unsportsmanlike conduct.
- d) The player(s) in violation will be suspended from future play for the rest of the season.
- e) The only exception to this rule shall be if a team is short of players, and both coaches agree, and the referee allows a player, not previously assigned to the team, to play.

7) Running Up Scores.

a) It is hoped that coaches will use discretion and common sense when a game becomes one-sided. If a team has a large lead, the coach might consider employing liberal substitutions and position rotations.

8) Referee Shortage.

a) In the event of a referee shortage, the coaches may, by mutual agreement, play the game at the scheduled time with each team furnishing one person knowledgeable about the rules of soccer (including the coaches) to officiate. Officiating shall be conducted in accordance with this handbook. In the event the coaches do not mutually elect to play the game as provided above, the game shall be rescheduled.

9) Injuries.

a) Parents, coaches, and spectators should realize that the referee will not always stop play immediately in the event of an injury. He must judge the seriousness of the injury and consider which team had the advantage when it occurred. If a game is stopped because of an injury, the team with the advantage resumes play with an indirect free kick at the place where the ball was when play was stopped for the injury.

## 10) Roster Additions.

- a) Additions to a roster may be made at the discretion of the ASA President or designee.

## N. ABUSIVE BEHAVIOR

## 1) During a game.

- a) If a parent or spectator verbally harasses an official(s) during the course of a game coaches will be expected to aid the referee in the control of the spectators. Abusive behavior on the part of spectators shall be handled through the respective coaches. It should be handled in a four-step process, if appropriate, as follows:

- 1) The referee shall issue a verbal warning to the coach of the offending team. Time may allow the coach to attempt to remedy the situation.
- 2) The referee shall issue a caution (yellow card) to the coach of the offending team if the conduct continues after the verbal warning.
- 3) If "1" and "2" do not solve the problem, the referee shall issue an ejection (red card) to the coach of the offending team.
- 4) If the conduct continues to occur, following the above, the referee is authorized to terminate play and shall submit a report of the incident to the ASA President for a decision of the outcome of the game.

- b) If a parent or spectator threatens an official(s) during the course of a game, the following policy will be implemented:

- 1) The game that is currently in progress will be immediately terminated and a forfeit win will be awarded to the opposing team.
- 2) The parent or spectator issuing the verbal threat will be suspended from attending all future games. The suspension will stand until reviewed by the ASA President.

## 2) After completion of the game.

- a) If a coach, assistant coach, or player verbally harasses an official(s) after the completion of a game. That coach, assistant coach, or player will automatically receive a red card and will be suspended for the next scheduled game. This includes Tournament competition.

- b) If a parent or spectator verbally harasses or verbally threatens an official(s) after a game has been completed. The following policy shall be implemented:

- 1) The team of the parent or spectator who issued the verbal harassment or verbal threat is involved with, will forfeit their next scheduled game. This includes Tournament competition.
- 2) The parent or spectator who issued the verbal harassment or verbal threats will be suspended from attending all future games. This suspension will stand until reviewed by the ASA President.

## III. CONDENSED VERSION OF SOCCER "RULES" OF THE GAME

**RULE 1:** The Field of Play

a. Playing Field. The field shall be rectangular. The longer sidelines are called the "Touch Lines" and the shorter end lines are called the "Goal Lines". Field dimensions are as follows: Field A = 300' x 165', Field B = 170 x 95', Field C = 120' x 80', Field D = 230' x 130'.

b. The goal dimensions are as follows:

Field A: Height - 8', Width – 24', Lower Base - 8' 1", Upper Depth - 3' 2".

Fields B & D: Height - 6', Width - 18' 6", Lower Base - 5' 8", Upper Depth - 2' 2".

Field C: Height – 6' 6", Width - 12' 0", Lower Base – 6' 0", Upper Depth - 2' 0".

Note: All measurements are outside to outside. Field A is the U-12 & U-14 field;

B is the U-8 field; C is the U-6 field; and D is the U10 field..

c. Field Markings: Four-inch-wide white lines delineating regulation field including restraint lines for spectators. The restraint lines may be painted a different color and a minimum of 5 feet from the edge of the touch line.

d. Field Equipment: Regulation corner flags and posts shall be used.

**RULE 2:** The Ball

The following sizes are established for each age group:

- |   |                 |    |
|---|-----------------|----|
| * | U-6             | #3 |
| * | U-8, U-10, U-12 | #4 |
| * | U-14            | #5 |

**RULE 3:** The Players and Substitutions

a. Number of Players

- 1) U-6 consists of seven players.
- 2) U-8 & U-10 consists of nine players.
- 3) U-12, U-14 consists of eleven players.

NOTE: A game shall not be started or continued with fewer than seven players (five for K-Division). Exceptions will be made for a brief period due to injury, equipment repair, or communicable disease concerns – i.e. excessive blood on the uniform.

b. The game shall be played by two teams. Each team shall designate a team captain.

c. A coin toss shall commence prior to game start. The team winning the toss shall have the option of:

- 1) Choosing which end of the field to defend; or

## 2) Taking the kickoff

d. Teams shall exchange goal lines after each regular period.

## e. Substitutions.

1) Times for substitutions: either team may substitute an unlimited number of players from the bench:

- a) between periods;
- b) when a goal is scored after being beckoned onto the field by the referee;
- c) when a player is injured and removed from the field after being beckoned onto the field by the referee;

1) A coach/assistant coach may not enter the field without approval from a referee. During the time the coach is permitted on the field by the referee to attend to an injured player, coaching instruction may be given to a player on either team.

2) The field player who is injured and attended to on the field or who is deemed injured by the referee shall leave the field and may be replaced. The goalkeeper who is injured and attended to on the field or who is deemed injured by the referee shall leave the field of play and must be replaced. Should the team with the injured player(s) elect to play shorthanded, the injured player may not be replaced until the next legal substitution opportunity for that team.

3) Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.

4) If the injured player is being replaced during a penalty kick situation, the substitute may not take the penalty kick.

2) Times for substitutions: either team may substitute an unlimited number of players provided they have reported to the substitution area at the center of the field and have been beckoned onto the field by the referee:

- a) on a goal kick;
- b) when a player from either team is cautioned (yellow card):

1) The cautioned player shall leave the field but may be replaced.

2) The cautioned player may not re-enter the game until the next legal substitution opportunity for his/her team.

3) Should the team with the cautioned player elect to play shorthanded, the cautioned player shall not be replaced until the next legal substitution opportunity for that team.

4) If the cautioned player is being replaced during a penalty kick situation, the substitute may not take the penalty kick.

c) When a player from either team is disqualified (red card):

- 1) A team shall not substitute for a player that has been disqualified.

d) When a player is required to leave the field because of communicable disease concerns:

- 1) If a player is bleeding, has an open wound, or has excessive blood on his/her uniform, that player shall leave the field but may be replaced.
- 2) Should the team whose player is being replaced because of communicable disease concerns elect to play shorthanded, the player who has been required to leave may not be replaced until the next legal substitution opportunity for that team.
- 3) The team in possession of the ball may substitute an unlimited number of players:
  - a) On a throw-in (provided substitutes have checked in according to the procedures in Rule #3f. Procedures for Substitution outlined below).
  - b) On a corner kick (provided substitutes have checked in according to the procedures in Rule #3f. Procedures for Substitution outlined below).
- 4) The team not in possession of the ball may substitute an unlimited number of players at a throw-in or corner kick if the team in possession of the ball is also substituting (provided substitutes have checked in according to the procedures in Rule #3f. Procedures for Substitution outlined below).
- 5) A substitute becomes a player when he/she is beckoned onto the field of play, at which time the replaced individual is no longer a player.
- 6) A team that elects or is required to play shorthanded for reasons other than misconduct may have the player(s) re-enter the game during a stoppage of play.
- 7) A team, which starts a game with fewer than 11 players, but at least seven players, may have its additional player(s) enter the game during a stoppage of play. (K-Division N/A, players may enter at any time at the discretion of the coach).

f) Procedure for substitution

- 1) To request a substitution, a substitute who desires to enter the game shall report to the substitution area located outside the field of play at the half-line and await acknowledgement from the official.
  - a) The substitute shall then remain off the field of play until the official beckons the substitute onto the field of play.
  - b) A substitute may enter the field of play after a score, at the beginning

of a period, or when a player is injured and removed from the field without being beckoned by the official.

c) When an entry is taking place on a throw-in, a goal kick or a corner kick, the substitute(s) must have reported to the substitution area prior to the dead-ball situation.

2) Entry onto the field of play by a substitute is prohibited without the approval of an official except as provided for in Rule #3.f.1) b. above.

g) Goalkeeper change with field player

1) The goalkeeper may change places with a player on the field whenever the clock is stopped or a substitution takes place, provided the uniforms are legal. Any time the goalkeeper is changed, a referee shall be notified.

h) Illegal player changes

1) When a team repeatedly substitutes to consume time, a referee shall order the time clock to be stopped during such substitutions and shall notify the coach of the offending team. The repetition may be construed as unsporting conduct.

2) A player entering or leaving the field of play during the progress of the game without the consent of an official (except through normal movement of play) shall be guilty of misconduct, unless stopping play to assess the penalty would be an advantage to the offending team.

**RULE 4: Players' Equipment**

a. Required equipment. The required player equipment includes a jersey, shorts, stockings, suitable shoes and shin guards which shall provide adequate and reasonable protection, be professionally manufactured, age and size appropriate, not altered to decrease protection, worn under the stockings, and worn with the bottom edge no higher than 2 inches above the ankles.

1) The official ASA soccer uniform shirt has the ASA soccer logo centered on the left arm of the shirt and shall be appropriately numbered. Shirts shall be tucked-in at all times prior to and during the game.

2) With the approval of the ASA President, one or more sponsor names/logos may appear on the team's shirts.

3) Players and coaches will keep their shirts after the season ends.

b. Other equipment

1) Illegal equipment shall not be worn by any player. This applies to any equipment which, in

the opinion of the referee, is dangerous or confusing. Types of equipment which are illegal include the following:

- a) Projecting metal or other hard plates.
  - b) Head, arm, thigh or hip pads containing sole leather, fiber, metal, or any unyielding materials.
  - c) Casts, splints or body braces made of a hard substance in their final form unless covered on all exterior surfaces with no less than ½ inch thick, high density, closed-cell polyurethane, or an alternate material of the same minimum thickness and similar physical properties to protect an injury. A medical release for the injured player signed by a physician shall be available at the game site.
  - d) Shin guards which have exposed sharp edges or have been altered.
  - e) Spectacle guards.
  - f) Helmets, caps, or visors.
  - g) Knee braces with exposed metal.
  - h) Ankle braces made of metal or unyielding material, unless covered by a stocking or other suitable equipment. Ankle braces not made of metal or unyielding material may be worn outside of the stocking.
- 2) Hair control devices may be worn if made of soft material and not for adornment.
  - 3) Sweatbands may be worn on the head or wrist if made of soft material.
  - 4) Jewelry shall not be worn except for religious or medical medals. In such cases they must be taped and not able to cause injury to any player.
  - 5) Artificial limbs which in the judgment of the President of ASA are no more dangerous to players than corresponding human limbs and do not place an opponent at a disadvantage. All permissible artificial limbs shall be covered by at least ½ inch foam rubber padding.
  - 6) Hearing aids worn in or behind the ears are legal provided that the device does not create the threat of injury.
  - 7) Properly fitted tooth and mouth protectors constructed from a model of the individual's teeth which should be of a readily visible color other than white or clear.
  - 8) A protective face mask may be worn by a player with a facial injury. The mask may be made of hard material, but must be worn molded to the face with no protrusions. A medical release for the injured player signed by a physician shall be available at the game site.
- c. Coaches' responsibilities. Each coach shall be responsible for ensuring that each of his/her players is properly equipped. Prior to and during the game, shirts shall be tucked into the shorts, unless manufactured to be worn outside.

**Penalty:** The head coach shall receive the first caution issued (yellow card) for an illegally equipped player. All subsequent cautions (yellow cards) for illegally equipped player(s) shall be issued directly to the player(s) and not to the head coach. An illegally equipped player shall be instructed to leave the field when the ball next ceases to be in play. Play shall not be stopped immediately for an infringement of this

rule except that the referee may stop play immediately where there is an immediate dangerous situation. The player must be removed and may be replaced at the time of the caution to the coach or player(s). The removed player may re-enter at the next legal substitution opportunity only after reporting to an official who shall be satisfied the player's equipment and uniform is in order.

## ***RULE 5: The Officials***

### **a. General**

- 1) The officials shall be a head referee and an assistant referee or a center referee and two side assistant referees. See Rule #6b. for more information.
- 2) The jurisdiction of the officials shall begin 15 minutes prior to the start of the game and end with their leaving the field of play and its immediate surroundings. They shall enforce the rules, and their decisions on points of fact are final. The officials can only correct a decision so long as the game has not been restarted. Protests are not recognized. The officials shall not use video replays to assist in any decision.
- 3) The officials shall be dressed alike in uniforms primarily consisting of:
  - a) A shirt approved by the ASA President. In the event of a color conflict between the officials and the field players of either team, the officials shall change to a jersey of a color distinct from the field players of both teams.
  - b) Black shorts or long trousers.
  - c) Predominately black shoes with black socks with white stripes.
  - d) Two whistles, yellow card, red card, stop watch, flipping coin, pencil and score card.
  - e) A solid black cap, if worn.

### **b. Pre-game responsibilities.**

- 1) Officials shall be in uniform no less than 15 minutes before the scheduled starting time.
- 2) The head referee shall:
  - a) Inspect game balls, field of play and nets and determine if a fair game can be started.
  - b) Conduct a pre-game conference with the head coach and team captains to:
    1. Review pertinent rules.
    2. Conduct a coin toss at least five minutes before the scheduled starting time of the game. The visiting team, when appropriate, shall call the coin while it is in the air. The winner of the toss shall choose a goal to defend or to kickoff first. The loser of the toss shall be given the remaining choice.
    3. Inquire of each coach whether his/her players are properly equipped. Examine the uniform and equipment of each player to see that it complies with the rules. Any questions regarding the legality of a player's equipment shall be determined by the head referee.
    4. Address coaches and players concerning good sportsmanship.



## c. During the game.

## 1) The officials shall.

- a) Sound the whistle to stop, start or restart as necessary.
- b) Utilize official soccer signals.
- c) Sound the whistle when the entire ball crosses the touchline or goal line unless it is obvious the ball is out of play.
- d) Call out “play on” and, with an under swing of both arms, indicate a foul which was observed but shall go un-penalized because penalizing the offending team would give an advantage to the offending team. If the referee applies the advantage, which was anticipated but does not develop at that time, the referee shall penalize the original offense.
- e) Issue yellow cards to players and coaches and notify both coaches and other officials of the misconduct.
- f) Issue red cards to players and coaches and notify both coaches and other officials of the misconduct.

Note: If a player is being disqualified for subsequent acts of misconduct the referee will show the yellow card followed by the red card and no substitution will be allowed for the disqualified player.

- g) Terminate or suspend the game for any infringements of the rules.

## 2) The head referee shall:

- a) Determine whether a goal should count if there is disagreement among referees.
- b) Have the authority to terminate or suspend a game when stated rules and conditions warrant.
- c) Keep time and score when no other means are available.
- d) Have the power to make decisions on any point not covered in the rules.
- e) Confirm or overrule the assistant referee’s signals when using side assistant referees.
- f) Promote and enforce the rules contained within this handbook, utilizing discretion with younger children.

## d. After the game.

- 1) Verify and record the game’s final score.
- 2) Record all instances requiring a yellow/red card.
- 3) Report to the ASA President all instances where games were prematurely terminated for cause or weather, including forfeitures.

**RULE 6:** Ball Holder, Timer, Scorer, and Assistant Referees.

- a. There are no procedures in this program for ball holders or scorekeepers.
- b. This program uses a referee in the K-Division (U-6). In an effort to keep games on time and to allow for parking availability for teams scheduled to arrive, coaches are requested to cooperate with the individual designated as referee. Any problems or questions should be directed to the ASA President.
- c. This program utilizes assistant referees. Should there be only one (1) referee present at a game (K-Division Excluded); each team should be prepared to provide assistant referees in case a referee should need assistance during a game. Coaches will be expected to have assistant referees available for the referee when he enters the field. The assistant referee's authority shall be limited to determining out-of-bounds possession and offside, subject to referee concurrence. Assistant referees are not permitted to coach or cheer while performing their duties. They are considered a part of the officiating team and, as such, should report any disturbances or problems, including unruly spectators, to the referee. If a referee requests the assistance of assistant referees and none are provided, he/she may refuse to officiate the game and it should be reported to the ASA President for rescheduling.
- d. A referee may refuse (or terminate) the assistance of a particular assistant referee.

**RULE 7:** Duration of the Game and Length of Periods. (Note: for ASA use only)

- a. Length of periods

- 1) The duration of games and length of periods are established as follows:

- \* Age U-6 2 - 15 minute halves
- \* Age U-8 2 - 20 minute halves
- \* Age U-10 2 - 25 minute halves
- \* Age U-12 2 - 30 minute halves
- \* Age U-14 2 - 30 minute halves

NOTE: Coaches are encouraged to have players arrive no sooner than 10 minutes prior to game time and warm up away from the immediate playing area.

- 2) Periods may be shortened by agreement of coaches or as ordered by the head referee, provided it is determined to shorten the periods before the game or before the second half begins and all remaining periods are the same length.

- 3) In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one complete half or more of the game has been played. If less than one-half of the game has been played, the game shall be rescheduled or, if both coaches agree, the game may be declared a tie except during tournament play.

- 4) A period shall end at the expiration of time.

**Exception:** Play shall be extended beyond the expiration of a period to permit a penalty kick to be completed.

- 5) If there is a 7 goal differential at the start of, or at any time during, the second half the clock shall be reduced by half the remaining time.

- 6) The clock will be a running clock and only stopped for injuries and misconduct.
- b. Intervals between periods.
    - 1) There will be a minimum 5-minute half time for all games.
    - 2) Between each period teams shall exchange ends and alternate the kickoff.
  - c. Tie Games.
    - 1) There will be no overtime period for regular season play.
    - 2) See Section V. "Tournament Rules" for procedures utilized for tie games during post season play.
  - d. Play. If a team refuses to play after being instructed to do so, the game is terminated and a forfeit win awarded to the opposing team.

***RULE 8: The Start of Play***

- a. When the referee signals with a whistle, a kickoff shall initiate play at the start of each period and after goals.
- b. At the moment of kickoff, all players shall be in their team's half of the field. Players opposing the kicker shall be at least ten yards from the ball until it is kicked.
- c. The ball shall be kicked while it is stationary on the ground in the center of the field of play. A goal may be scored directly from the kickoff. The ball is in play when it moves in any direction. If the kickoff is taken improperly it must be retaken.
- d. After kickoff, the kicker may not play the ball until it has been played "or touched" by another player on either team: Indirect free kick.

***RULE 9: Ball In and Out of Play***

- a. Ball in and out of play.
  - 1) The ball is out of play when it has completely crossed a goal line or touchline, whether on the ground or in the air.
  - 2) The ball is in play at all other times, including:
    - a) When it rebounds from a goal post, crossbar or corner flag.
    - b) When it touches an official on the field of play.
    - c) Until a referee sounds the whistle.
    - d) When a drop ball touches the ground.

e) When a player has left the field in the normal course of play plays the ball while it is still on the field of play.

3) The referee shall sound the whistle when needed to indicate the ball is out of play or for a foul. As soon as the ball is in position to be played, it may be played without a second whistle. A second whistle is required to restart play for the taking of a penalty kick, after a substitution is made, after a caution, disqualification, injury, or encroachment.

b. Drop Ball.

1) The game is started with a drop ball:

a) When the ball is caused to go out of bounds by two players simultaneously.

b) When the ball becomes deflated.

c) Following a temporary suspension of play for an injury or unusual situation in which no team has clear possession of the ball.

d) When simultaneous fouls of the same degree occur by opponents.

2) The ball should be dropped at the location where it became dead unless this is within the goal area, in which case, it shall be dropped on that part of the goal-area line which runs parallel to the goal line nearest the location where the ball was when play was stopped. If the ball was caused to go out of bounds by two opponents simultaneously, the ball is dropped five yards inside the boundary line unless this is the goal area.

3) The ball is dropped by an official from waist level to the ground between two opposing players. Other players may be positioned anywhere on the field provided they do not interfere with the drop-ball procedure.

4) The ball shall touch the ground before it is played.

Penalty: If the ball is played before it touches the ground an official shall drop the ball again. A second violation by the same player may result in a caution to the offending player. Play shall be restarted with a drop ball.

c. Temporary suspension. In case of temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead subject to the provisions of Rule #9b.2).

**RULE 10: Method of Scoring**

a. Goals.

1) A goal is scored when the entire ball passes beyond the goal line, between the goal posts and under the crossbar provided it has not been deliberately thrown, carried or propelled by the hand or arm of a player of the attacking team (except as noted in Rule 10a.b.7) below.

2) A goal may be scored directly from a:

a) Kickoff.

- b) Direct free kick.
  - c) Goal kick.
  - d) Penalty kick.
  - e) Corner kick.
  - f) Drop ball.
  - g) Goal keeper's throw, punt, or drop kick.
- 3) A goal may not be scored directly from a/an:
- a) Indirect free kick.
  - b) Throw-in.
  - c) Free kick into a team's own goal.
  - d) A goal kick into a team's own goal.
  - e) A corner kick into a team's own goal.

b. Forfeits. The score of a forfeited game shall be 1-0 if the game is not started, the score is tied or the offending team is ahead at that time. If the offending team is behind at the time of the forfeit, the score at that time is the final score.

c. Winner. The winning team is the team scoring the greater number of goals during the game.

#### ***RULE 11: Offside***

##### ***a. Offside.***

- 1) A player is offside if that player is nearer to his/her opponent's goal line than the ball, unless:
  - a) The player is in his/her own half of the field of play; or
  - b) The player is not nearer to the opponent's goal line than at least two opponents.
- 2) A player shall not be penalized for being in an offside position if the ball is received directly from a goal kick, corner kick, throw-in or after it is **deliberately** played by the opponent (except from a deliberate save by the goalkeeper).
- 3) It is not an offense in itself to be in an offside position. A player shall only be penalized for being in an offside position if, at the moment the ball touches or is played by a teammate, that player is involved with active play by:
  - a) Interfering with play or with an opponent; or
  - b) Gaining an advantage by being in that position.

#### ***RULE 12: Fouls and Misconduct.***

a. Spitting, Kicking, Striking, Tripping and Jumping.

1). A player shall not spit, kick, strike, or attempt to kick or strike, or jump at an opponent.

2) A player shall not trip, or attempt to trip, an opponent. This includes tripping or attempting to trip an opponent by use of legs, or by stooping in front or behind an opponent in such a manner as to cause a fall or loss of balance.

3) A goalkeeper shall not strike or attempt to strike an opponent by throwing or kicking the ball at an opponent or by pushing an opponent with the ball while holding it.

**Penalty:** Direct Free Kick.

b. Handling. A player shall be penalized for deliberately handling, carrying, striking, or propelling the ball with hand or arm.

**Exception:** Goalkeeper within his/her own penalty area.

**Penalty:** Direct Free Kick.

c. Holding, Pushing. A player shall not hold or push an opponent with the hand(s) or arm(s) extended from the body.

**Penalty:** Direct Free Kick.

d. Charging.

1) A player shall be penalized for charging an opponent in a dangerous or reckless manner, or using excessive force. An allowable fair charge is where players make contact in an upright position, within playing distance of the ball, have at least one foot on the ground and their arms held close to their body.

2) A player shall not, in any manner, charge into the goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet.

a) An official shall disqualify, without caution, any player who flagrantly fouls the goalkeeper in possession of the ball. Possession or control of the ball includes when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.

b) Outside the penalty area, the goalkeeper has no more privileges than any other player.

**Penalty:** Direct Free Kick.

3) The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball or tossing the ball in the air to re-catch.

**Penalty:** Indirect Free Kick.

4) A player shall not charge into an opponent when neither player is within playing distance of the ball.

**Penalty:** Indirect Free Kick.

e. Obstruction.

1) Obstruction is the deliberate act by a player, not in possession of the ball and/or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.

**Penalty:** Indirect Free Kick.

2) A player not attempting to play the ball, but remaining between the ball and an opponent, may be legally challenged from behind provided the challenge is not violent or dangerous and the ball is within playing distance.

f. Dangerous Play. A player shall not participate in dangerous play, which is an act an official considers likely to cause injury to any player. This includes using any part of the head to play the ball as well as playing in such a manner which would cause injury to self or another player (opponent or teammate).

**Penalty:** Indirect Free Kick.

g. Restrictions on the Goalkeeper.

1) From the moment the goalkeeper takes control of the ball with the hands when playing as a goalkeeper within his/her own penalty area, he/she has six seconds in which to release the ball into play. During that interval, he/she may hold the ball, bounce it, or throw it into the air and catch it. Once the ball has been released into play, the goalkeeper may not touch it again with the hands until it has been played or touched by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside the penalty area.

2) A goalkeeper shall not deliberately parry (deflect) the ball and then touch it again with his/her hands before it has been played or touched by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside of the penalty area.

3) On any occasion when a player deliberately passes the ball to his/her own goalkeeper with their foot, the goalkeeper is not permitted to touch it with his/her hands.

4) A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate.

**Penalty:** Indirect Free Kick at the spot of the violation, unless in the goal area.

h. Misconduct.

- 1) A player, coach, or bench personnel shall be cautioned (yellow card) for:
  - a) Entering or leaving the field of play (except throughout the normal course of play) without the permission of an official;
  - b) Persistent infringement of any of the rules of the game;
  - c) Objecting by word of mouth or action to any decision given by an official (dissent);
  - d) Any incidental use of vulgar or profane language;
  - e) Any use of an electronic device to communicate with players on the field during the game;
  - f) Unsporting conduct, including, but not limited to:
    1. Coaching outside the team area;
    2. Unnecessary delay (kicking, throwing the ball away on a free kick, etc.);
    3. Holding a shirt, short, etc;
    4. Deliberate verbal tactics;
    5. Encroachment;
    6. Deliberate handball to stop an attack;
    7. Deliberate tactical foul;
    8. Faking an injury;
    9. Simulating a foul;
    10. Player who displays reckless play;
    11. Illegally equipped player; per 4b;
    12. Any delayed, excessive or prolonged act(s) by which a player(s) attempts to focus attention upon himself/herself and/or prohibits a timely restart of the game.
    13. A player anywhere on the field (other than a goalkeeper within his/her own penalty area) who deliberately handles a ball to prevent it from going into the goal; in which the goal is scored.
  - g). Use of any tobacco products at the game site during the period of the jurisdiction of the officials.

**Penalty:** A cautioned player shall leave the field and may be replaced. Should the team with the cautioned player elect to play shorthanded; the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity. An indirect free kick will be awarded to the non-offending team from the spot of the infraction, unless the game had been stopped for some other reason calling for a different restart.

- 2) A player, coach or bench personnel shall be disqualified (red card) for:



- a) Exhibiting violent conduct;
- b) Taunting – use of word or act to incite or degrade an opposing player, coach, referee or other individual.
- c) Subsequent caution.

**Penalty:** Direct or indirect free kick from the spot of the infraction unless the game had been stopped for some reason calling for a different restart.

- d) Committing serious foul play, that is any play in which the player commits one of the offenses punishable with a direct free kick (or penalty kick if the offense takes place by a defender in the penalty area) and uses disproportionate and unnecessary force when playing for the ball against an opponent. Serious foul play also includes the following:

1. A player anywhere on the field (other than the goalkeeper within his/her penalty area) who deliberately handles the ball preventing it from going into the goal;
2. A foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score.

**Penalty:** Direct free kick from the spot of the infraction unless the game had been stopped for some reason calling for a different restart.

- d) Spitting at an opponent.

**Penalty:** Direct free kick from the spot of the infraction depending on the situation unless the game had been stopped for some reason calling for a different restart.

- e) Spitting at a teammate or game official.

**Penalty:** Indirect free kick from the spot of the infraction depending on the situation unless the game had been stopped for some reason calling for a different restart.

- f) Using insulting, offensive, or abusive language or gesture;

- g) Leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official.

**Penalty:** Indirect free kick from the spot of the infraction depending on the situation unless the game had been stopped for some reason calling for a different restart.

- 3) Coach Responsibility.

- a) The coach may be cautioned or disqualified either for team misconduct or for bench misconduct that cannot be attributed to a specific individual.

- b) A coach who is disqualified shall leave the vicinity of the playing area immediately and is prohibited from any further contact, direct or indirect, with

the team during the remainder of the game. Failure to comply shall result in termination of the game.

- 4) A disqualified player cannot be replaced.

### ***RULE 13: Free Kick***

a. Description of a free kick.

- 1) Free kicks shall be classified "direct" from which a goal may be scored against the offending team or "indirect" from which a goal may not be scored unless the ball is touched or played by another player of either team.
- 2) All free kicks, with the exception of kickoffs and penalty kicks, may be taken in any direction. Free kicks are taken from the spot of the foul except certain temporary suspensions of play; e.g. fouls for misconduct committed by bench personnel during a live ball and fouls committed in the goal area by either team.
- 3) Any free kick awarded to the defending team within its own goal area may be taken from any point within the goal area.
- 4) Any indirect free kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal-area line which runs parallel to the goal line at the point nearest to where the offense was committed.
- 5) Any player of the offended team may take a free kick.

b. When awarded. (Note: this is condensed and paraphrased for ASA use only; see NFHS rules for a more complete list).

- 1) Generally speaking, Direct Free Kicks are awarded to the non-offending team whenever an "ing" foul is committed or attempted. This includes spitting, kicking, tripping, striking, jumping, handling, pushing, holding or dangerous/reckless charging.
- 2) Generally speaking, Indirect Free Kicks are awarded to the non-offending team whenever a non-contact foul is observed. This includes when the kicker next kicks the ball following a kickoff, a thrower next plays the ball after a throw-in, offside, obstruction, dangerous play and the goalkeeper illegally handles the ball in his/her penalty area.

c. How taken.

- 1) Players opposing the kicker shall be at least 10 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. If the free kick is awarded to the defending team in its penalty area, players opposing the kicked shall be outside the penalty area in addition to being 10 yards from the ball and must remain there until the ball clears the penalty area.

**Penalty:** An official shall caution a player who fails to move the required distance away from the ball or engages in time-wasting tactics such as kicking or carrying the ball away after a free kick has been awarded to the opponent's team.

2) The ball shall be kicked while it is stationary on the ground at the spot specified by the official. To be in play, the ball shall be moved in any direction. The ball has not been properly kicked into play when a player merely taps or steps on the top of the ball with his/her foot. If the free kick is awarded to the defending team in its penalty area, the ball is not in play until it is beyond the penalty area and into the field of play. Failure to kick the ball as specified shall result in a re-kick.

3) The kicker may not play the ball until it has been touched or played by another player.

**Penalty:** Indirect free kick awarded to the opponent from the spot of the foul.

**RULE 14:** Penalty Kick

a. Penalty Kick

1) A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team's penalty area.

2) All players except the kicker and opposing goalkeeper shall be within the field of play but outside the penalty area and at least 10 yards from and behind the penalty mark until the ball is kicked.

3) The opposing goalkeeper shall stand on the goal line, between the goal posts, until the ball is kicked. Lateral movement is allowed, but the goalkeeper is not permitted to come off the line by stepping or lunging forward until the ball is in play. (Goalkeepers in ages 4-7 shall remain stationary on the goal line until the ball is kicked)

**Penalty:** (Articles 2 and 3): Encroachment by the defending team is not penalized if the goal is scored. If a goal is not scored on the penalty kick, it is retaken. If there is an infringement by the attacking team and the ball enters the goal, the goal does not count and the kick shall be retaken. If there is an infringement by the attacking team and the ball does not go into the goal, there is no re-kick. If the ball rebounds into play, the game shall be stopped and restarted with an indirect free kick for the defending team at the spot of the foul. If the ball is saved and held by the goalkeeper, play shall continue. In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick.

4) The ball shall be kicked while it is stationary on the ground from the spot or any place on the penalty mark. To be in play, the ball shall be moved forward. Once the kicker starts his/her approach toward the ball, he/she may not interrupt his/her movement. Failure to kick the ball as specified shall result in a re-kick.

5) After the penalty kick is properly taken, the ball may be played by any player except the one who executed the penalty kick. The kicker may not play the ball until it has been touched or played by another player on either team.

**Penalty:** Indirect free kick awarded to the opponent and taken from the spot of the foul.

6) If the ball touches the goalkeeper before passing between the goal posts, when a penalty kick is taken at or after expiration of time, it does not nullify any goal. If necessary, play may be extended so that the penalty kick may be taken. If a penalty kick is taken after the expiration of time (Exception to Rule #7d.), (a) only the kicker may place the ball and he/she may only place the ball once; (b) the ball is in play until its momentum is spent, it goes out of bounds, or is retouched by the kicker.

7) After the penalty kick is properly taken, if there is an unusual situation that causes a temporary suspension in play before the ball is played or touched by another player, goalpost or crossbar, the penalty kick shall be retaken.

#### ***RULE 15: Throw-In***

a. Throw-in from the touchline.

1) A throw-in shall be awarded to a team when the opposing team last touches or plays the ball before the entire ball passes beyond the touchline either in the air or on the ground. A goal may not be scored directly from a throw-in.

2) The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground on or behind the touchline. The thrower shall use both hands (Unless a physical impairment would limit use to one hand) and shall deliver the ball from behind and over the head in one continuous movement.

**Penalty:** Throw-in awarded to the opponent from the spot of the foul.

3) An opponent shall not interfere with nor in any way impede the actions of the thrower while the throw-in is being taken.

**Penalty:** An official shall administer a caution for unsportsmanlike conduct.

4) On a throw-in, the ball is playable when it has left the hands of the thrower and any part of it breaks the plane of the touchline. After the throw-in, the ball may be played by either team. The thrower may not play the ball until it has been touched or played by another player.

**Penalty:** Indirect free kick awarded to the opponent from the spot of infraction.

5) If, on the throw-in, the ball fails to enter the field of play before it touches the ground, the ball is awarded to the opponent at the spot of infraction.

#### ***RULE 16: Goal Kick***

a. Goal kick.

- 1) A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal post and under the crossbar, either in the air or on the ground, having last been touched or played by the attacking team. A goal may be scored directly from a goal kick, but only against the opposing team.
- 2) Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.
- 3) Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. The ball is in play when it is kicked and moves.
- 4) After the goal kick is properly taken, the ball may be played by any player other than the one who executes the goal kick. The kicker may not play the ball until it has been touched by another player.

**Penalty:** Indirect free kick from the spot of the foul.

- 5) The goalkeeper shall not pick up the ball and put it into play.

**RULE 17: Corner Kick**

a. Corner kick.

- 1) A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having been touched or played by the defending team. A goal may be scored directly from a corner kick, but only against the opposing team.
- 2) Players of the defending team shall be at least 10 yards from the ball until it has been kicked.
- 3) The ball shall be kicked from the ground within the quarter circle, including on the lines nearest where the ball left the field of play. The ball is in play when it is kicked and moves. Failure to kick the ball as specified shall result in a re-kick.
- 4) An offensive player who is not offside during the corner kick may be put in an offside position during a subsequent play.
- 5) After the corner kick, the ball may be played by any player except the one who executed the corner kick. The kicker may not play the ball until it has been touched or played by another player.

**Penalty:** Indirect free kick from the spot of the foul.

**RULE 18: Definitions**

- a. Advantage: A discretionary judgment which allows an official to permit play to continue rather than stopping play to administer the foul. This concept is based on the premise that the foul did not put the offended team at a disadvantage, or the foul, if called, may take away a favorable opportunity for the offended team. The foul may be subsequently called if the advantage does not materialize.

- b. Bench Personnel: Anyone within the team area.
- c. Cautioned Player: A player notified by an official that his/her activities are not in the best interest of the contest. Such a player must be shown a yellow card and shall leave the field and may be replaced.
- d. Charge: An act by a defensive player employing body contact to cause an offensive player to lose or give up possession of the ball. A fair charge must have all the elements present which are set down in the rules. An unfair charge has one or more of those elements absent.
- e. Dead Ball: A term used to indicate a time when the ball is out of play. A goal can never be scored while the ball is dead.
- f. Defense (Defending Team): Team not in possession of the ball. A team remains on defense until it establishes possession of the ball.
- g. Deliberate Foul: A purposely planned act done to disrupt the game and to gain an advantage through the unfair act.
- h. Direct Free Kick: A free kick from which a goal may be scored against an opponent without a second player touching the ball.
- i. Dribbler: An offensive player in control of the ball who attempts to move the ball by periodic touches with the feet.
- j. Drop Ball: A method by which a dead ball becomes alive. An official drops the ball to the ground. When the ball strikes the ground, it becomes alive and may be played by anyone.
- k. Encroachment: The act, by one or more defenders, of advancing within 10 yards of the ball prior to the taking of a free kick.
- l. Forfeit: The loss of a game because of termination or for other reasons as determined by the proper authority.
- m. Foul: A rule infraction for which a penalty is prescribed.
- n. Free Kick: A method by which a dead ball becomes alive. The ball is placed on the ground and, while motionless, it is kicked unchallenged in any direction prior to being touched by another player. The ball is considered to have moved when it is touched by the kicker's foot. There are two types of free kicks: "direct" from which a goal may be scored against an opponent without a second player touching the ball, and "indirect" in which a goal may not be scored unless the ball is touched or played by another player of either team.
- o. Goal Line: Shorter boundary lines. The entire line is within the field of play.
- p. Goalkeeper: The only designated player of each team who may handle the ball within his/her own penalty area.
- q. Handling: Deliberately playing the ball with one's hand or arm. The hand or arm must move toward the ball or the hand or arm must be carried in an unnatural position before an infraction of the rule can be charged.
- r. Kicker: A player who attempts to, or does, kick the ball.
- s. Live Ball: A term which indicates that the ball has been legally kicked or thrown by a player, or dropped by an official and is in play.
- t. Obstruction: The deliberate act by a player of running between an opponent and the ball, or using the

body as an obstacle when not in possession of the ball, or not attempting to play the ball.

u. Offense (Attacking Team): Team which is in possession of the ball.

v. Offside: An infraction which occurs when an official judges a player in an offside position to be involved in active play by interfering with play or with an opponent, or gaining an advantage by being in an offside position.

w. Parrying: The deliberate attempt by the goalkeeper to control and/or deflect the ball down or out with the hands or arms.

x. Pass: The movement of the ball from one player to another by foot, head, or other portion of the body (other than the hand.)

y. Penalty Kick: A kick awarded to a team because an opponent was charged with one of the major offenses, within his/her own penalty area, which requires a direct free kick.

z. Player: A team member who occupies a position on the field of play during the actual playing time limits of the game, beginning with the opening kickoff and ending with the conclusion of the game, excluding intervals between periods. A substitute becomes a player when he/she is beckoned onto the field of play by an official, at which point the replaced individual is no longer a player.

aa. Playing Distance: The distance between the player and the ball which the official judges to be adequate to control the ball. It will seldom exceed two steps (six feet.)

bb. Possession: A live ball controlled by a team, player or a goalkeeper. A controlled ball is one which may be passed, thrown, dribbled or shot on goal by a player.

cc. Scissors-Kick: A maneuver in which a kicker's feet leave the ground with the feet usually at a higher elevation than the head. The ball may be kicked over the kicker's head in a single motion.

dd. Shielding: Movement by a player in control of the ball (within playing distance) designed to prevent an opponent from gaining possession or prevent him/her from tackling the ball.

ee. Sliding Tackle: A maneuver in which one or both feet slide on the ground in an attempt to tackle the ball which is in possession of an opponent.

ff. Reckless Play: A player has acted with complete disregard of the danger to, consequences for, the opponent. A player who displays reckless play shall be cautioned.

gg. Substitute: A team member who has properly reported to enter the game. A substitute becomes a player when he/she is beckoned onto the field of play by an official.

hh. Suspended: A term which indicates that a game has been interrupted by the referee because of conditions which make it impossible to continue play but are not the fault of the participants or spectators. Examples of such conditions include inclement weather, power failure, or other emergency affecting playing conditions.

jj. Tackle: The use of the feet to take a ball away from a player in control.

kk. Terminated: A term which indicates that a game has been ended by the referee for action of the participants or spectators such as refusal to play or disorder. The status of the game, which may include forfeiture, shall be determined by proper authority.

ll. Throw-in: A method by which a dead ball becomes alive. A player throws the ball using both hands (**unless a physical impairment would limit the use to one hand**) with equal force. The ball must be delivered from behind and over the head in one continuous movement, while both feet are on the ground

on or behind the touchline and the player must be facing the field.

mm. Touchline: Longer boundary lines. The entire line is within the field of play.

nn. Violent Conduct: The commission of a violent act against an opponent, an official, a spectator, teammate or other individuals when the ball is in or out of play.

oo. Warning: A verbal admonition to a coach or player for conduct not in the best interest of the game. Repeat warning(s) necessitates an official caution.

#### IV. RULES FOR K-DIVISION

The normal rules of the game of soccer will apply and shall be subject to the following modification(s) where applicable.

- a) Maximum number of team players on the field at any one time is 7.
- b) Coaches are encouraged to assist the children on the field. At no time are coaches to enter the Goal Area during play. One team coach will be allowed behind the goal line during the course of play. During regular season games, coaches and/or parents are requested to not utilize whistles as this leads to confusion on the other fields.
- c) Coaches will referee their own games. A third party may referee the game provided both coaches agree prior to the game.
- d) The game is divided into two- fifteen minute halves with a five-minute break at half time. Teams alternate kickoffs at each half. Teams change sides at half time.
- e) Each player must participate a minimum of 50% of the total playing time.
- f) Unlimited substitution for both teams on goal kicks, after a goal has been scored, on throw-ins, and at half time.
- g) No offside rule to apply.
- h) The normal throw-in rule to apply, with one re-throw allowed.
- i) The goalkeeper cannot handle the ball outside the penalty area.
- j) Time (6 seconds rule) will not be called on the goalkeeper who may put the ball into play within the goal area by place kicking, punting, or throwing.
- k) Goal kicks may be taken from any point inside the goal area.
- l) The ball is to be considered "Frozen" immediately if the referee in his discretion considers that it is "in the possession" of the goalkeeper.
- m) If the attacking team is awarded a "Direct Free Kick" for a foul (pushing, holding, tripping, kicking an opponent, striking, violent charging, and intentional handball), committed by the defending team within their penalty area, that Direct Free Kick then becomes a Penalty Kick.
- n) Penalty kicks are to be taken from a predetermined spot directly in front of the midpoint of the goal. No player, except the goalkeeper, can be within the goal area during the taking of a Penalty Kick.
- o) No spectators will be allowed to be behind the goal area.

This program is for fun and exercise; no standings will be kept for the K-Division.



## V. TOURNAMENT RULES

The tournament rules are supplemental to the rules listed above. Where applicable, these rules shall supersede those listed above. There is no tournament for K Division.

a. If at the conclusion of the game a tie exists, all coaches, officials, and team captains shall assemble at the halfway line to review the procedures outlined below.

- 1) The head referee shall choose the goal at which all of the kicks from the penalty line shall be taken.
- 2) Each coach will select any five players, including the goalkeeper, on or off the field (except those who may have been disqualified) to take the kicks.
- 3) A coin toss shall be held. The team winning the toss shall have the choice of kicking first or second.
- 4) Teams will alternate kickers. There is no follow-up on the kick.
- 5) The defending team may change the goalkeeper prior to each penalty kick.
- 6) Following five kicks for each team, the team scoring on the greatest number of these kicks shall be declared the winner.
- 7) Add one goal to the winning team score and credit the team with a victory. An asterisk (\*) may be placed by the team advancing to indicate the advancement was the result of a tie breaker system.

b. If the score remains tied after each team has had five kicks:

- 1) Each coach will select three different players than the first five who already have kicked to take the kicks in a sudden-victory situation, wherein if one team scores and the other team does not score, the game is ended without more kicks being taken.
- 2) If the score remains tied, continue the sudden-victory kicks with the coach selecting any three players to take the next set of alternating kicks, wherein if one team scores and the other team does not score, the game is ended without more kicks being taken.
- 3) If the game is still tied, continue to repeat b.2 until a winner is determined.

c. During all tiebreaker penalty kicks, the ball remains alive until its momentum is spent, it goes out of bounds, or it is retouched by the kicker.

## VI. TIPS FOR COACHES

This part of the manual provides some general guidelines and reminders for new and veteran coaches. You should also try an internet search for youth soccer or youth soccer coaching.

a) Communication with Players and Parents

Team organization is one of the most important ingredients of a successful soccer season, and organization is rarely accomplished without conscientious and on-going communication with

players and parents. Coaches need to develop an efficient system for informing participants of practice times, game schedules, and other mechanics of the program. This kind of communication should encourage regular attendance of all concerned. Parents should be given game schedules at the beginning of the season.

b) Sportsmanship and Conduct

Coaches have a responsibility to stress the necessity of sportsman-like behavior. It is essential that the RULES and officials are respected and that abusive language is avoided. Often coaches can best instruct by their personal example. In particular, shouting at players should be carefully watched, as some players react well to criticism and others do not. Sometimes, single precise instructions are more effective than a string of commands. Only 2 coaches are allowed on the bench. The head coach and assistant coach. Parents, other children, and spectators need to remain on the other side of the field.

c) Role of Assistant Coaches and Parents

Coaches can make their job easier by enlisting the help of assistant coaches and parents. It then becomes easier to maintain discipline and to vary the routine of practices. For example, even a parent who knows little about soccer can handle a trapping, shooting or passing drill. Other parents may be willing to keep statistics on successful skill execution during games. Coaches also need assistance in inserting substitutions smoothly and effectively.

d) Hints for Practices

1) Youth coaches from K-Division to Intermediate Division should stress individual skill development.

2) Recommended practice time: Two 1 1/2 to 2 hour sessions per week.

3) Suggested practice routine:

- \* Warm-up with ball handling without hands.

- \* Physical exercise with the ball, i.e. economic drills like running while dribbling.

- \* Introduction of individual skill i.e. throw-ins, corner kicks, chest traps, etc.

- \* Exercises to develop individual skill: consider setting up “stations” and having small groups rotate among differing ones.

- \* Small sided games emphasizing this skill – 2 on 2, 3 on 3, etc.

- \* Correction and full field scrimmage. Point out areas where improvement is needed but let kids unwind and have some loose, but organized fun!

4) Use the experiences of actual games to determine which skills need to be emphasized in practice. Consider arriving a little early and watching an older team demonstrate skills.

5) Practices should be functional, not baby-sitting periods. Enlist parents to help.

- 6) Coaches should face the sun; players should have the sun at their backs whenever the coach is addressing them as a group.
  - 7) Coaches should dress as coaches.
  - 8) Variety may be the most important characteristics of a successful practice. This includes a sensible mixture of drills, scrimmages, and chalk talks.
  - 9) Lectures should be kept to a minimum and be well timed.
  - 10) Coaches may wish to emphasize a different skill in each session.
  - 11) Consideration should be given to warm-up exercises prior to a practice.
  - 12) Players should work with the ball as much as possible, but coaches should instruct them on knowing what to do in a game when they do not have the ball.
- e) Game Time
- 1) Importance of warm-up.
  - 2) Effective substituting is a coaching art.
  - 3) Coaches may wish to consider having each player play part of each half.
  - 4) It is important to watch for fatigue and provide for breathers.
  - 5) Welcome feedback from players and parents alike concerning potential problems and ways to improve.

## VII. SOCCER COACHING METHODS

To teach properly, we should have a standard operating procedure, the structure of which yields productive sessions.

### a) Individual Technique

Technique is what an individual does with the ball. This includes passing, shooting, dribbling, trapping, heading, tackling, ball juggling, and goalkeeping. It should be taught in three stages:

- 1) Stationary- let the player build confidence in the skill required.
- 2) Match Related. Addition of a passive opponent or stationary cone, restricted space.
- 3) Match Condition. Opponent takes an active part, challenges the player for the ball, and restricts space.

### b) Tactics

Tactics involve what a player or players does/do against other player(s). It should be taught at three levels:

- 1) 1 vs. 1 - One player against one player. The greater number of times a team wins a one on one situation, the more likely that team will win the match.
- 2) Small Group - 3 vs. 3; instruct players to seek, gain, and maintain a greater number of players around the ball, or in the area of the ball. This applies to both defensive and offensive situations.

3) Group Tactics - 6 vs. 6; practice in this area pertains to restarts such as kick-offs, corner kicks, free kicks, both direct and indirect, throw-ins, and goal kicks. Training applies to how the team will defend or attack as a team.

c) Fitness

Fitness refers to both the physical and mental condition of players and their ability to withstand the physical and mental demands of a full game of soccer. Soccer fitness contains the areas of:

- 1) Endurance.
- 2) Flexibility, agility.
- 3) Speed, strength and power.

Work on endurance, more than on speed and strength. Endurance can be improved 50%; speed can be improved 10%.

d) Economical Training

Since practice time is short and valuable, an important term to remember is "economical training". Economical training is nothing more than combining two components of soccer in the same exercise. For example, using exercises that combine technique improvement with endurance work is training economically.

e) Principles of Attack and Defense

Attack starts the instant we gain possession of the ball; defense starts the instant we lose possession of the ball. Soccer is a game of opposites and for every principle of attack, there is a corresponding principle of defense.

1) Attack (we have the ball)

- a) Inter-passing: keep the ball moving.
- b) Width: spread out the defense.
- c) Mobility: move into open spaces; pass the ball into open spaces.
- d) Penetration: ball or player moving closer to goal.
- e) Improvisation and finishing: dribbling and shooting.
- f) Counter-defense: upon losing the ball.

2) Defense (we want the ball)

- a) Immediate chase: upon losing the ball.
- b) Concentration: mentally, and around the ball.
- c) Balance: not all players moving to the ball side of the field.
- d) Delay: do not go for tackle until you have support.
- e) Control/restraint/educated tackle: win the ball.
- f) Counter-attack: let's get going.

f) Available Resources. There are several good books and videos that help the new coach gain strategies

and tactics for their team. The local library or a search of the Internet may help find these resources.